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Volume 28, No. 3, March 1996

CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives



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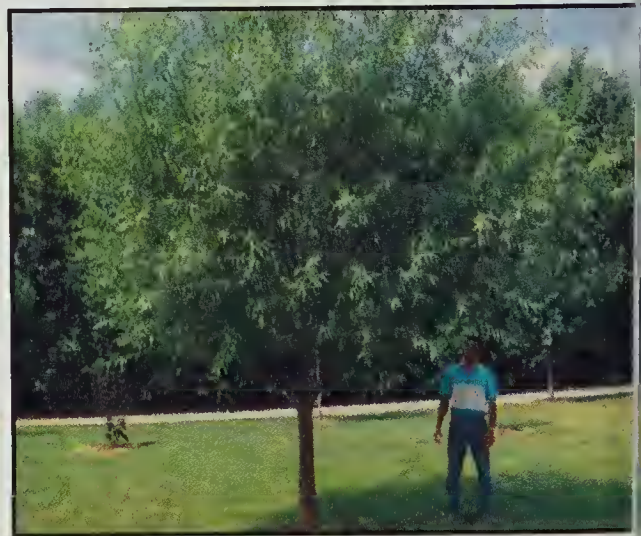
"I'd heard of the amazing growth of the Austrees, so when I planted my trees, I staked them and recorded their daily growth; an amazing 7/8" to 1" a day!" • Terry H., McKinney, TX
"When I purchased your Austrees in June, I was somewhat skeptical. Not any more. After four months, they are over 10 feet tall!" • Allen B., Clinton, MT
"The Austrees provide literally 'instant privacy'. After 6 months of growth we could see our neighbors at all. We love the trees." • Mac T., Osage City, KS
"We bought 60 trees for a dust barrier along our dirt road. People keep stopping to watch them grow. They are truly remarkable." • Pamela W., Bend, OR
"Usually, if something seems too good to be true, it is. Austrees are not. In just 5 months my six foot trees have doubled in size. I am amazed!" • Leo S., Warner Robins, GA

"We are thrilled. We planted them on April 15th, had a blizzard on April 26th with temps in the teens, and were afraid the end of them. It's now Sept. and they're 10 feet tall!" • Mrs. Norris B., Prairie City, SD
"We live in the foothills and have been buying trees from the Forest Service since 1991. No longer! Our 5 month old Austrees have outgrown our pine trees planted 4 years ago!" • Susan C., Loveland, CO

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Volume 28, No. 3, March 1996



Official Publication
Carolina Electric Cooperatives

Carolina Electric Cooperatives is the network of electric cooperative organizations that provides reliable, safe and affordable electric service to 650,000 homes, farms and businesses in North Carolina. At the heart of Carolina Electric Cooperatives are the state's 28 electric cooperatives, each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Volume 28, No. 3, March 1996

CAROLINA COUNTRY

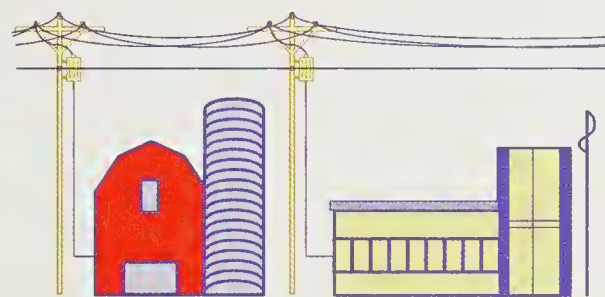
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Letters and Comments



What Do You Think?

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We won this round

by Emmett S. Patterson



Remember the postcards we sent you inside Carolina Country last September? They were blue-and-white cards that said, "Say No to the Back Door Tax Increase" and "Keep Consumers in Charge."

The cards were part of a nationwide campaign to inform electric cooperative members and their representatives in Congress about an attack on the federal Power Marketing Administrations (PMA).

At the time, many privately-owned power companies and some officials in the Administration and Congress were entertaining a notion to sell the PMAs. To sell the PMAs to the highest bidder surely would have raised your electric rates and would have little or no impact on the federal deficit. [See "Letters and Comments," Carolina Country, September 1995]. In fact, Congressional studies showed that selling the PMAs was a long-term bad deal.

Many of you sent those postcards to your Congressional representatives. Also, your cooperative's directors visited Washington and made phone calls to explain how a PMA sale would affect your cooperative and your electric bill.

Seventh District Rep. Charlie Rose said he's rarely seen such a response during his 24 years in Congress. "It was clear that most of my constituents saw the sale of the PMAs as I did: nothing more than a backdoor tax on consumers in the form of a rate increase," he said.

The PMAs are federal agencies that sell power generated at federally-owned and operated hydro plants to electric cooperative and municipal power systems. The consumer-owned utilities agreed to purchase power from these facilities more than 40 years ago and have considerable equity invested in them now. We built our power supply systems based on this partnership with the federal government. The PMAs will generate more than \$1.3 billion annually in revenue to the U.S. Treasury in the form of power sales. This

more than covers the total cost of operating the power plants. In other words, the PMAs are a benefit to the Treasury, not an expense.

North Carolina receives PMA power from the Southeastern Power Administration (SEPA) in Elberton, Ga., which generates energy from 23 dams in the Southeast. A total of 25 cooperatives and 56 municipalities, representing almost 2.6 million consumers, are served by the system.

Selling the SEPA system to an investor-owned concern, we estimated, would have increased the cost of power to North Carolina cooperatives by \$24.9 million a year. In today's competitive environment, a cost increase of this magnitude is the last thing that we need—what we really need are rate decreases, and that's where we are concentrating our efforts.

When your message got through to the Congress and the Administration, the proposed PMA sale withered.

Thanks for your understanding and support last fall and this winter. While we were successful in this round, the battle is not over. We expect more assaults on the PMAs and other cooperative enterprises if not this year, maybe next year after the election. We will need your support again.

Providing safe, reliable service and economical energy has not always been easy for consumer-owned, cooperative electric systems, and we are entering another period of adjustment as competition in the industry increases. But with your understanding of the circumstances and your willingness to support your cooperative, we can get through the adjustment in a careful, well-planned manner.

Emmett S. Patterson is manager of Pee Dee Electric Membership Corporation, headquartered in Wadesboro. He also chairs the Power Supply Committee representing 27 North Carolina's electric cooperatives.

No more Ellen Turner dolls

Ellen Turner Designs of Henderson County no longer makes one-of-a-kind dolls ["Mountain Echoes," February 1996]. Ellen Turner died of cancer recently. Carolina Country regrets any inconvenience our report caused our readers and her family.

Letters continued on page 6



watering chores, water bills! Sweating behind a roaring mower!
spraying poison chemicals and digging weeds...



...you can end such lawn drudgery—here's how!



Amazoy is the Trade Mark registered U.S.
Patent Office for our Meyer Z-52 Zoysia Grass.

Grass seed will never grow a lawn like this! It rewards you with weed-free beauty all summer long.

7 Ways Your Zoysia Grass Lawn Saves You Time, Work, and Money!

1 CUTS WATER BILLS AND MOWING AS MUCH AS 2/3

Could you believe a lawn could be perfect when mowed just once? In Iowa, the state's biggest garden club picked a zoysia lawn as "top lawn—nearly perfect." Yet, this lawn had been mowed only once all summer to August!

In PA, Mrs. M.R. Mitter wrote "I've never mowed it, only when I put the plugs in . . . Last summer we had it mowed 2 times . . . When everybody's lawns here are brown from drought, ours is as green as ever." *That's how zoysia lawns cut water bills and mowing! Now read on!*

2 ENDS RE-SEEDING NEVER NEEDS REPLACEMENT

Plug in our zoysia grass and you'll never have to spend money on grass seed again! Since you won't be buying seeds, you won't need to dig and re-seed—then hope the seeds take root before birds eat them or the next hard rain washes them away.

3 NO NEED TO DIG UP OLD GRASS

Plant Amazoy in old lawn, new ground, whatever. Set plugs into holes in the soil 1 foot apart, checkerboard style. Plugs spread to drive out old, unwanted growth, weeds included. Easy instructions with your order. If you can put a cork into a bottle, you can plug in Amazoy.

4 FOR SLOPES, PLAY AREAS, AND BARE SPOTS

You can't beat Amazoy as the low cost answer for hard-to-cover spots, play-worn areas, or to prevent erosion on slopes.

Endless Supply of Plug Transplants

Transplant plugs from established Amazoy as you desire—plugged area grows over to provide the plugs you'll ever need.

FREE! Exclusive Step-on Plugger with orders of 600 plugs or more.

Setting your lawn is easy with this sturdy, 2-way plugger. Cuts away unwanted growth as it digs for plugs. Saves bending, time, work. Invaluable transplant tool.

5 IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT

"The hotter it gets, the better it grows!" Plug-in zoysia thrives in blistering heat, yet it won't winter kill to 30° below zero. It just goes off its green color after killing frosts, begins regaining its green color as temps. in the spring are consistently warm. Of course, this varies with climate.

6 NO NEED TO SPEND MONEY ON DANGEROUS CHEMICALS

Since zoysia lawns resist insects AND diseases, you avoid the risk of exposing your family or pets to weedkillers and pesticide poisons. Plug in Amazoy and save the money, avoid the risks!

Meyer Z-52 Zoysia Grass was perfected by
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U.S. Golf Association as a superior grass.



Thrives from part shade to full sun.

Every Plug GUARANTEED TO GROW IN YOUR SOIL No Ifs, Ands Or Buts!

Read a guarantee no grass seed can match!

Won't Winter Kill. Amazoy has survived temperatures to 30° below zero!

Won't Heat Kill. When other grasses burn out in summer drought and heat, Amazoy remains luxuriously green.

Any plug failing to grow in 45 days will be replaced FREE! To insure maximum freshness and viability, plugs are shipped not cut all the way through. Before planting, finish the separation with shears or knife. Our guarantee and planting method are your assurance of lawn success backed by more than four decades of specialized lawn experience!

We ship all orders the same day plugs are packed at earliest correct planting time in your area.

NOT SHIPPED OUTSIDE USA, or into WA or OR.

7 CHOKES OUT CRABGRASS AND WEEDS ALL SUMMER

Your established Amazoy lawn grows so thick, it simply stops crabgrass and summer weeds from germinating!

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\$5⁹⁵ + \$3.15 S&H	\$8⁹⁵ + \$3.50 S&H	\$12⁹⁵ + \$3.85 S&H	\$19⁹⁵ + \$4.60 S&H
<input type="checkbox"/> 600 PLUGS + 60 FREE with FREE Plugger	<input type="checkbox"/> 1,000 PLUGS + 350 FREE with FREE Plugger	SPECIAL OFFER! <input type="checkbox"/> 2,000 PLUGS + 700 FREE with FREE Plugger	
ONLY \$27⁹⁵ + \$8.25 S&H	ONLY \$45⁹⁵ + \$11.90 S&H	ONLY \$74⁹⁵ + \$18.65 S&H	
<input type="checkbox"/> Additional Plugger \$6⁹⁵			

Please send me guaranteed Amazoy as checked:

Write price of order here \$ _____

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Shipping & handling (S&H) \$ _____

TOTAL \$ _____

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Charge credit card ☐ MasterCard ☐ VISA

Acct. # _____

Expiration Date _____

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____



Remembering Granny Surret

Blanche Surret of Fayetteville called to thank us for running the photograph of her grandmother, Estelle "Granny" Surret ["Companions to Childbirth," January 1996]. Granny Surret died in the mid-1980s and was well known as a midwife in the Sandy Mush area of Buncombe County for many years. Blanche is preparing a book for the far-flung descendants of the Surret, Gillette and Bryant families of western North Carolina. She said that Granny's older sister, Mathilda Surret, also worked as a midwife in Buncombe County and lived to be 107.

The 1969 photograph we published was made by Wilmington photographer Philip H. Morgan. Blanche was able to identify for him the boy shown in the picture. Philip hopes to locate subjects of photos he made 30 years ago so he can produce a contemporary series of similar scenes.

Praise for nurse-midwife story

Maureen Darcey, president of the North Carolina chapter of the American College of Nurse-Midwifery, called to praise writer Nell Perry Bovender for her story about today's certified nurse-midwives ["Companions to Childbirth," January 1996]. She said the story produced a "phenomenal" response from readers interested in nurse-midwife services and educational opportunities.

Further cleaning of your VCR

Regarding "How to clean your VCR," [Carolina Country, February 1996], there are several points which should be stressed.

- Cotton swabs may leave strands of cotton behind and should be avoided. Use chamois swabs.
- The pinch roller often has a hard glaze on it, and cleaning solutions just don't cut it. Light pressure of a cardboard fingernail file on the roller will cut the glaze. Then clean it with alcohol.
- Although isopropyl alcohol will work, it is not pure and may leave a residue. Use pure, denatured alcohol (available at hardware stores), which is an ethyl-based product and will not leave a residue.
- Use alcohol with caution, because it can attack some plastics.
- Don't rub swabs vertically against the video head. Rub the video head horizontally.

Ronald Kolstedt, Misty Moon Audio-Video, Brevard

Looking for poems

We have made many poetry friends through Carolina Country. Thanks a million.

We are accepting poetry for our fall 1996 book, "Words from the Heart." Writers may send one or two original poems of 24 lines or less on any subject, before June 1. Submissions will not be returned.

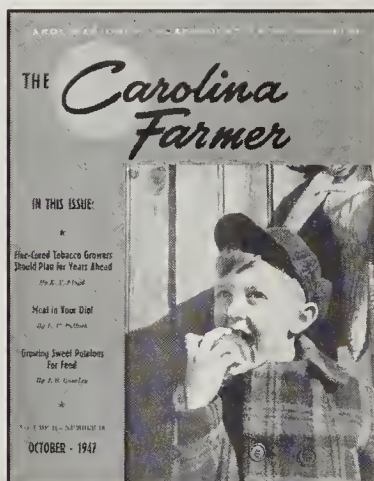
*Eileen P. Stratz, EPS Publishing
17400 South Blvd., Gulfport, MS 395*

Encouraged by cotton's comeback

I want to compliment you on the article about cotton's comeback in North Carolina ["In the Land of Cotton," November 1995]. It is gratifying to know that this branch of agriculture is highly productive literally and financially for growers. If only the tobacco farmers could get into cotton, North Carolina could lead the country on to a healthy path.

Anne Fischer, Morgantown

Looking for "The Carolina Farmer"



The University of North Carolina-Chapel Hill Library wants to complete its collection of Carolina Country magazine. The library has a complete set of the magazine from 1953 through the present, but is looking for issues dated 1946 through 1952. At that time the magazine was entitled "The Carolina Farmer."

Readers who would like to donate back issues (1946-1952) of "The Carolina Farmer" may contact Eileen L. McGrath, North

Carolina Collection, CB# 3930, Wilson Library, UNC-Chapel Hill, Chapel Hill, NC 27514-8890.

Thanks for the refund

In August, the Blue Ridge Mountain EMC (Young Harris, Ga.) published a list of unclaimed deposits. My mother's name was on the list. Evidently she hadn't gotten her deposit back. She has been deceased several years, and I didn't know if the estate could collect the refund. I called Blue Ridge Mountain EMC and was told courteously, "Sure, no problem." Thanks so much.

Bertha Roberts, Murfreesboro

Can't trick grandmother Nowell

Our grandmother is 100 years old, and she reads your magazine every time we are finished with it. She found that "Age Old Trick" ["Joyner's Corner," February 1996] does not work on ages that are over 99. We wonder if Mr. Joyner can find a number trick that can accommodate our grandmother, Ms. Laveta Nowell.

Lizzy and Peggy Nowell, Sherrills Ford

Mr. Joyner replies in a Shakespearean manner: "Age has not wavered nor custom staled her infinite perspicacity."

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Photo courtesy of AmerLink Log Homes, Battleboro, N.C.

Today's log homes are not the modest, one-room cabins of yesteryear. Many are modern, spacious and energy-efficient.

Why are log homes warm and cozy?

Log homes are becoming increasingly popular in North Carolina because they possess a certain appeal to home builders and buyers, including their energy efficiency, rustic appearance and straightforward construction. The popularity of log homes is good for business in North Carolina; the state consistently ranks nationwide among the top two in log home production.

The colonial-era image of a log house as a warm and cozy place persists to this day, mainly because well-constructed log buildings can be warm and cozy. The major reason is the "thermal mass" storage of a thick wooden wall. A log wall can serve as a heat bank, absorbing heat in daylight that is released later. In cold weather some of that heat is released indoors to add to the warmth inside a building. The heat transfer process essen-

tially reverses itself in summer, when outdoor daytime heat absorbed by the wall mass releases itself in the cooler evening air. This "mass effect" explains why a log building takes longer to let out heat in winter and longer to let in heat during summer than other buildings. The same principal may apply to other properly built thick, mass walls such as those made of stone or brick.

A 1982 study conducted for the U.S. Department of Housing and Urban Development (HUD) and the U.S. Department of Energy (DOE) concluded that energy use in log structures was in most cases lower and in some cases about the same as insulated wood-frame structures. The study employed six test buildings constructed 20 miles north of Washington, DC, and tested them for a year. While the log structure had an R-10

value of predicted energy efficiency compared to a slightly better R-12 rating for the insulated wood-frame structure, the log buildings required less energy over the year. During the spring heating season, the log building used 46 percent less heating energy than the insulated wood-frame building and 24 percent less cooling energy in the cooling season. The structures performed similarly to each other in winter conditions.

A 1991 study for the National Association of Home Builders study found comparable results.

For more information about log buildings, contact the National Association of Home Builders toll-free line for the Log Home Council at (800) 368-5242, ext. 162. Or write to Log Home Council, 1215 15th St. NW, Washington, DC 20005.

—Kevin Nichols

How bright is your light?

You take it for granted when you sit down in the evening to read the newspaper, watch television or pay bills. The light bulb in the lamp. Subconsciously, we know a good thing is occurring, but don't really understand how it all happens.

A recent survey conducted by Philips Lighting Co. found that consumers don't understand the terminology involved. Mark Roush, senior lighting manager for Philips, said "this survey shows that consumers need to learn to speak the new language of lighting."

The chart on the back of many light bulb packages — the one with all the numerical quantities — doesn't seem to help people make choices. These labels and the terminology used were mandated by the Energy Policy Act.

Buried in these charts is information on energy usage, light output and projected product life.



Most consumers (62 percent) mistakenly link wattage with the brightness of the bulb when in fact, "watt" measures the amount of energy required to light the bulb. Of the more than 1,000 consumers surveyed, only 27 percent correctly chose "lumen," which measures light output. The remainder chose "amp" or "degree."

Another survey question compared fluorescents and incandescents finding that 42 percent of those responding did not know the difference between the two bulb types.

In order to rectify this label confusion, Philips Lighting Co. has developed a free "EPACT FACTS" brochure. For a copy of the pamphlet, write EPACT FACTS, Philips Lighting Co., 200 Franklin Square Drive, Somerset, NJ 08875-6800.

—Rural Electric News Service



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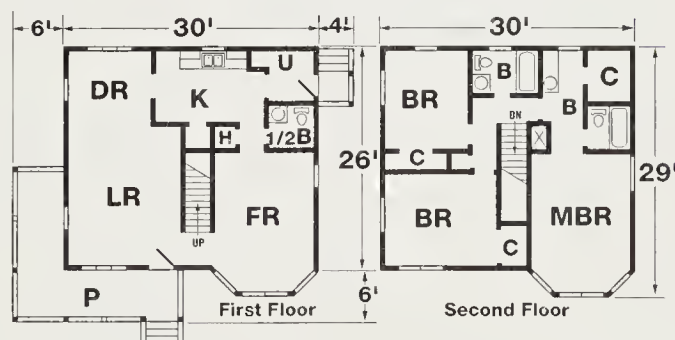
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We think this equals the best on-your-lot home building plan available. And if that's not enough for you, we have more than 30 home designs from which to choose with up to 4 bedrooms and 2 1/2 baths. Your new Jim Walter home will be built completely finished outside and up to 90% on the inside. You finish the rest and save tremendously.

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The Business of
ELECTRIC COOPERATIVES

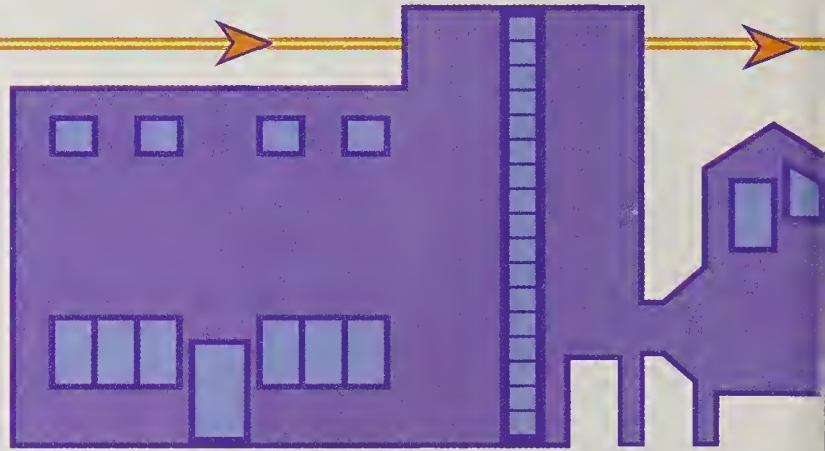
The Path of electricity

Electricity often travels long distances before reaching your home or business. Your electric cooperative buys wholesale power produced at generating facilities and distributes it through substations and power lines to consumer-members in its system.

Illustration by Katherine Fowler

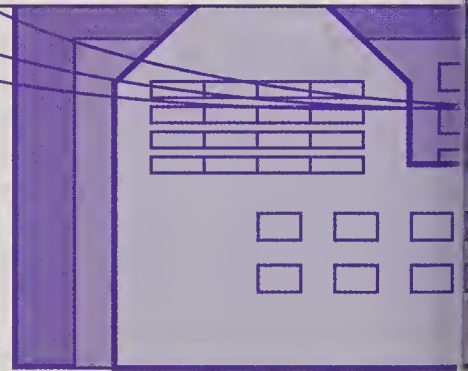
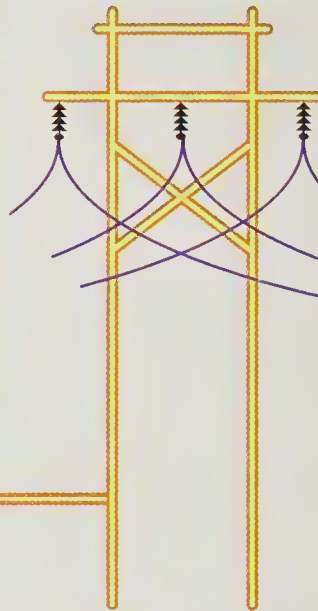
Power Plant

Inside a generating plant, water is heated to steam by nuclear reaction or fuels such as natural gas, oil and coal. Steam turns turbines and magnets to produce electric energy. Water at hydroelectric dams also can turn turbines.



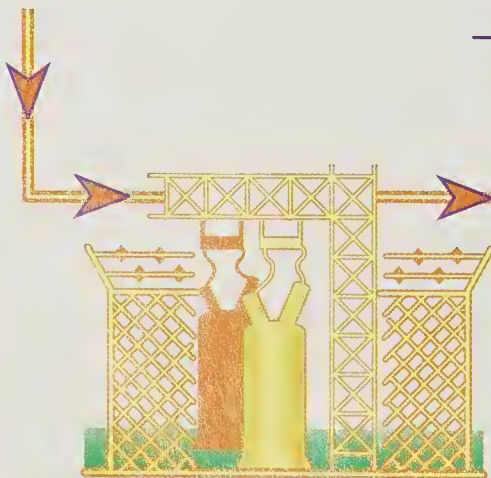
Large Industrial User

Some large industries need high voltage power (2,300 to 4,000 volts) to run heavy machinery. They usually have a small substation outside the facility.



Local Substation

Transformers in medium-voltage neighborhood substations reduce the voltage even more to be distributed to homes and businesses. Your electric cooperative operates several of these substations.



Farms

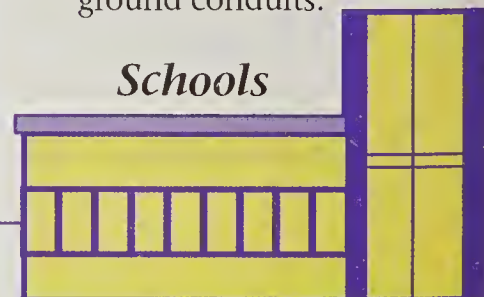


Distribution Lines

Your cooperative's distribution lines carry 7,200 to 13,200 volts of power.

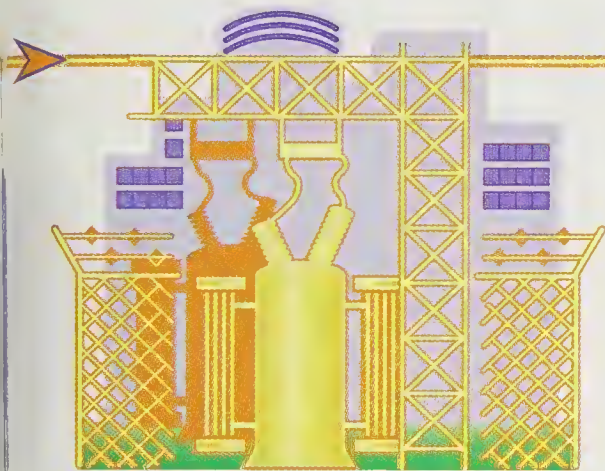
These poles may also hold telephone and cable TV lines. In some areas, distribution lines are in underground conduits.

Schools



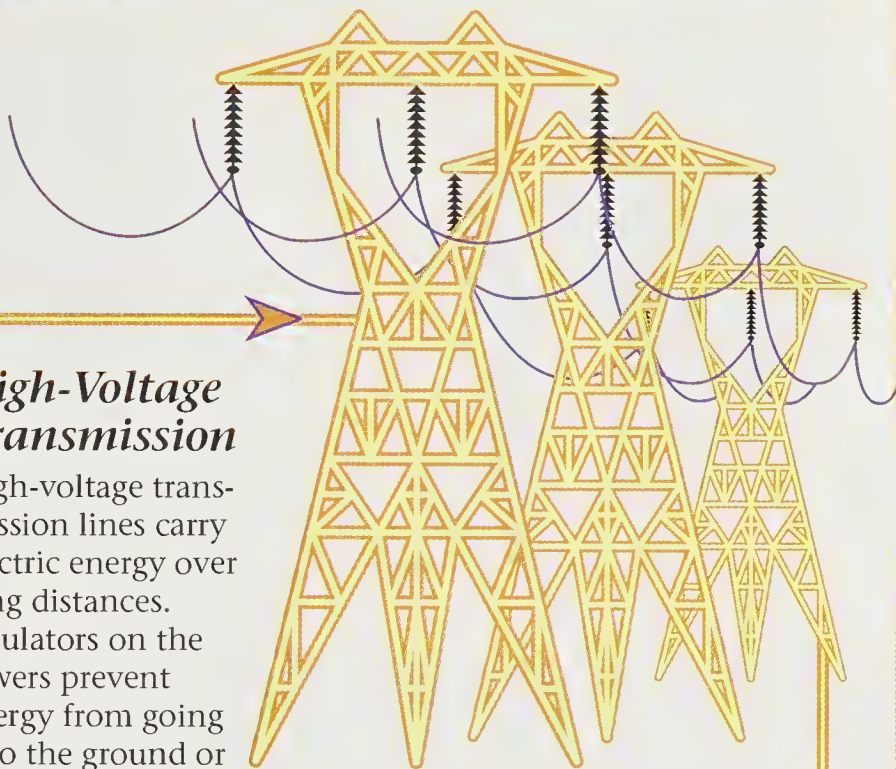
Step-Up Substation

Substation transformers at generating plants increase electric energy's pressure (voltage) so it can move long distances over power lines that transmit up to 500,000 volts.



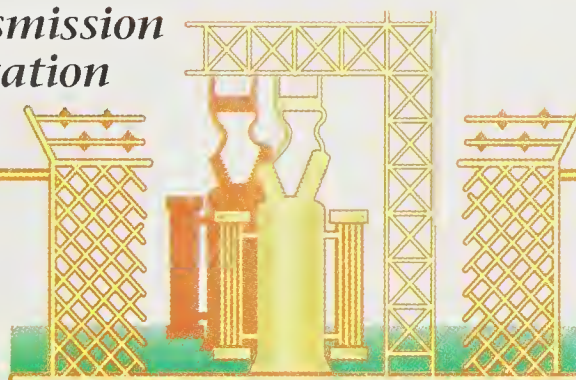
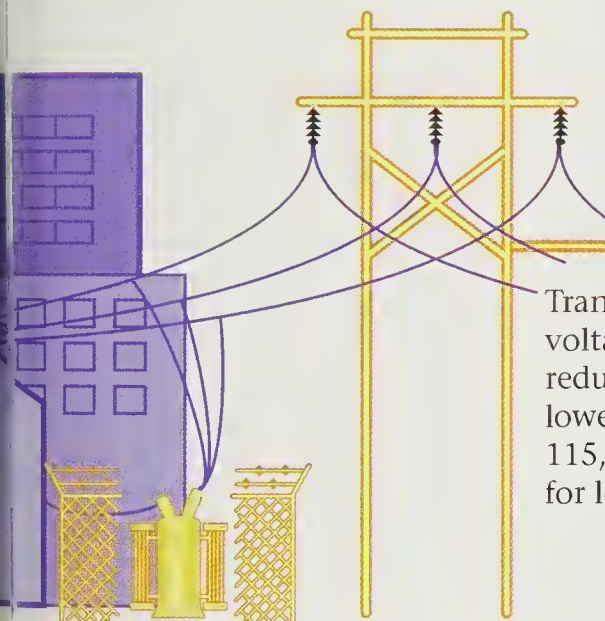
High-Voltage Transmission

High-voltage transmission lines carry electric energy over long distances. Insulators on the towers prevent energy from going into the ground or on the structure.



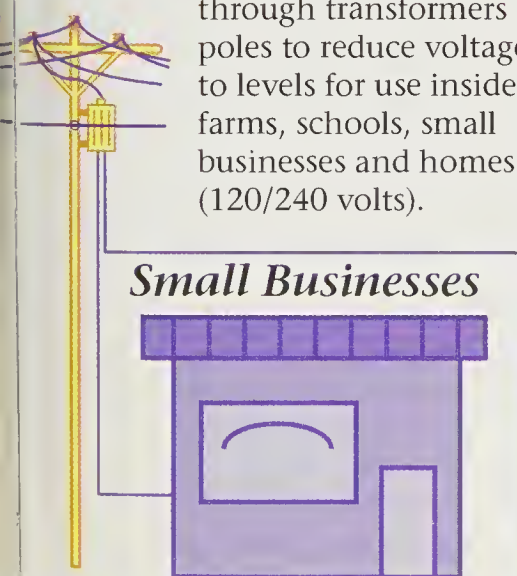
Transmission Substation

Transformers at high-voltage substations reduce voltage to a lower level (34,500 to 115,000 volts) suitable for local use.

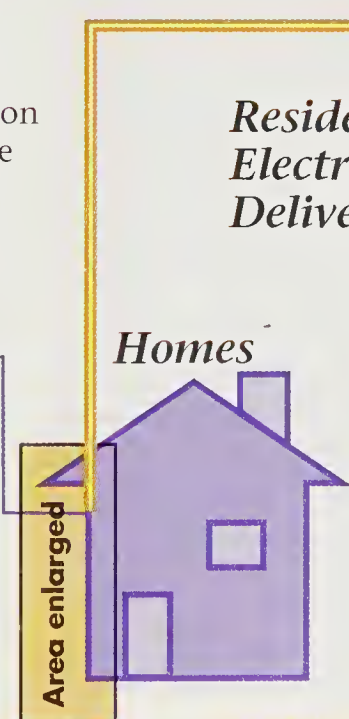


Electric power passes through transformers on poles to reduce voltage to levels for use inside farms, schools, small businesses and homes (120/240 volts).

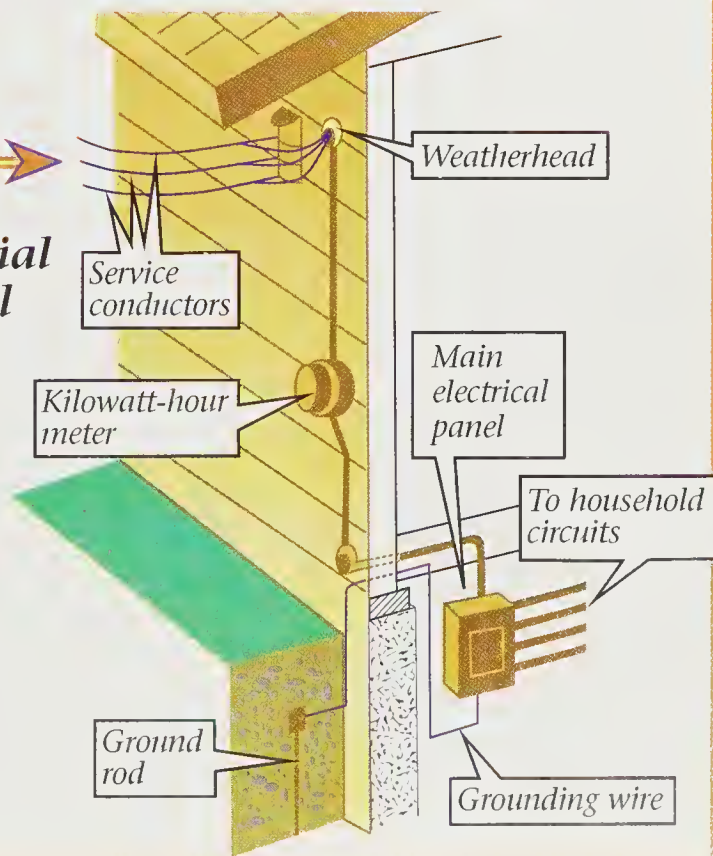
Small Businesses



Homes

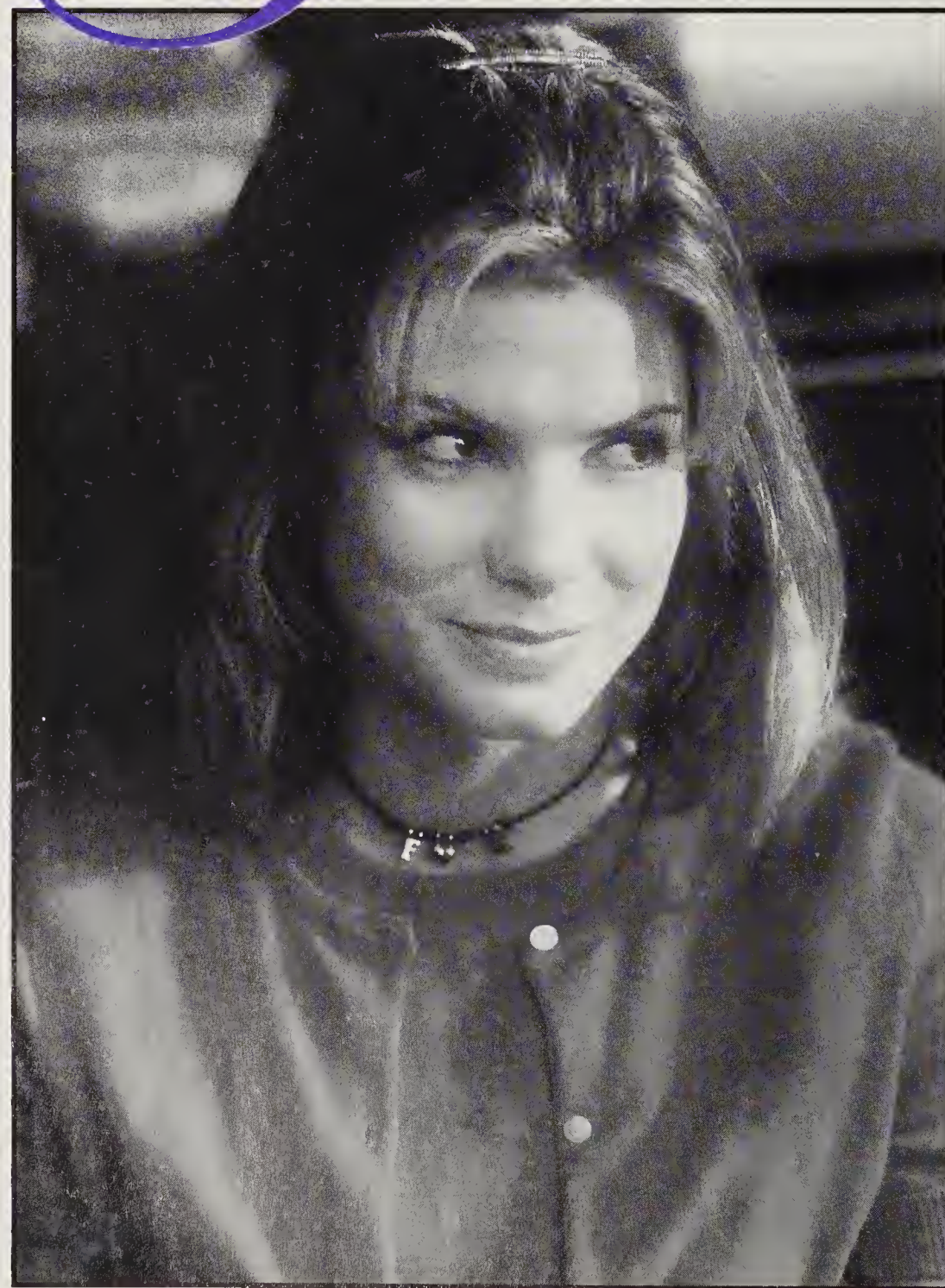


Residential Electrical Delivery





From the
Washington & Lee
High School
(Arlington, Va.)
yearbook.



Sandra Bullock as the star of the current film, "Two If By Sea".

East Carolina's Sweetheart

takes on America

by Georgiana Atkins Havill

Think of East Carolina University in Greenville and what may come to one's mind is the pretty Pitt County college town and home of Pirates, pigskins and an all-out rivalry with N.C. State in Raleigh.

Who would have thought that ECU also has a reputation in the theater arts? Enter one Sandra Bullock, stage left. Yes, that Sandra Bullock—the girl-next-door star of "Speed," "While You Were Sleeping," "The Net," "Two If By Sea" and other hit movies. The same young actress who gets \$11 million a picture these days. Read the stories about her in People or Parade or Playboy, and you'll notice a sentence saying that she attended ECU for four years, majoring in the performing arts.

"Some of my best memories are at East Carolina," she told the Greenville Reflector newspaper in 1990, just after she got one of her big breaks in the summer TV series, "Working Girl."

On a whim in the early 1980s, she looked down Interstate 95 towards Greenville from her Arlington, Va. home in the Washington, D.C. suburbs. A

friend had an extra ECU admissions application, so she filled it out. She was looking for a school that had a full college menu: liberal arts, football, fraternities and a good performing arts program. Show business was already in her veins.

As she tells it: "Mom was an opera singer. My dad was her voice coach. One of my first jobs was being an extra in one of my mom's operas at the age of six. I was the little gypsy girl."

Former ECU classmate Robert Ruffin, who's now working on the stage in New York, remembers a somewhat Bohemian living arrangement with Bullock in Greenville during the mid-1980s.

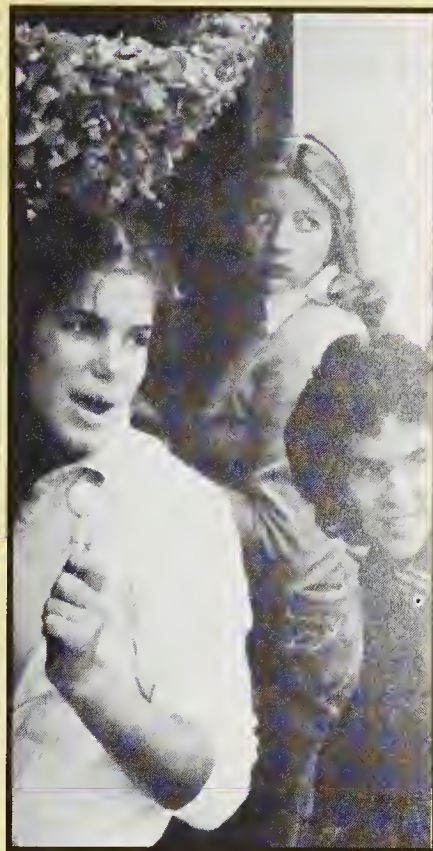
"Sandy and I lived together in a kind of 'Three's Company' arrangement off-campus," Ruffin says. "It was me, Sandy her parents named her after the '60s screen star, Sandra Dee), and Mary Kate Cunningham. We were all in the Theatre Arts Department together. Sandy worked her way through college in a Greenville ice-cream parlor called Heart's Delight. He was usually the first one up each morning, and I remember her fixing Mary Kate and me breakfast—often crepes. She'd always dance while she cooked—mostly to Michael Jackson. It was just after he'd done 'Thriller,' and he'd turn up the stereo so loud that I'd have to yell at her to turn it down."

According to Ruffin, the Greenville Sandy Bullock was one kooky prankster: It was a two-bedroom duplex. One time she pulled a stunt that freaked me and Mary Kate out. She hid all the small appliances, opened all the drawers, and tossed clothes around. She wanted the place to look burglarized. It did and she got the scare from us she was aiming for."

Sandra Bullock's acting mentor was professor Donald Biehn, who'd arrived at ECU from New York at almost the same time as Sandy did. He tutored her in the Meisner method of acting. It was a technique that would serve her well. Years later when she appeared in the 1992 art film "Wrestling Ernest Hemingway," she could hit it off with Academy Award winning actor Robert Duvall. He, too, was a devotee of the Meisner method.

Donald Biehn says he gave the actress the piece of advice when she headed for New York and the uncertain world of professional acting.

"I told her that if she could face rejection—being turned down for a role after a tryout—without giving up, she'd get her chance. Then if she was prepared, she'd



Sandra Bullock (top photo, left) as a high school junior, and a cheerleader (below).



make it one way or another."

Bullock today praises the ECU drama department with these words: "ECU is everything a kid should go through. Their drama department was my blessing."

After leaving Greenville and working at what she once termed "the grimmest bar at 43rd and Broadway," Bullock got a small role in an off-Broadway play called "No Time Flat." The day after it opened, she got a rave review by John Simon, who has been called by many the meanest critic in New York. Just hours later she began to get phone calls from theatrical agents competing to represent her.

In 1986, her final year at ECU, Sandra Bullock appeared in two major productions. She was the Indian maiden, Tiger Lily, in "Peter Pan," thrilling audiences with a singing and dancing routine that had lyrics, "Ugga Bugga Boo Ugga Bugga." She was also Irina in Chekhov's "Three Sisters." And she danced weekends at eastern North Carolina's only transvestite restaurant.

"At the time, it was the only gay bar in eastern North Carolina," ECU classmate David Tillman told this writer. "Sandy loved to perform wherever she could, so she danced between the drag queen shows."

"I'm from Clarksburg, West Virginia, and one time my mom was down on a parents weekend, as was Sandy's mom. Sandy's mom was going to watch her daughter dance Saturday, and my mother said she wanted to go, too. My mom said, 'We don't have anything like this in Clarksburg!'"

"Sandy's a risk taker," says her ECU professor Donald Biehn. "She has no fear. When she got turned down, she never took it personally. That's why she made it."

Georgiana Atkins Havill grew up in Fayetteville and went on to the University of North Carolina in Greensboro the first year it was no longer called "W.C." A full-time writer, she lives in northern Virginia, and her favorite N.C. haunts include Manteo, Chapel Hill, New Bern, Valle Crucis (where she honeymooned), Spivey's Corner and Maggie Valley (where she's run the famous road races).

For information about the Theatre Arts Department at ECU, contact director John Shearin, Theatre Arts, East Carolina University, Greenville, NC 27858. Phone: (919) 328-6390.

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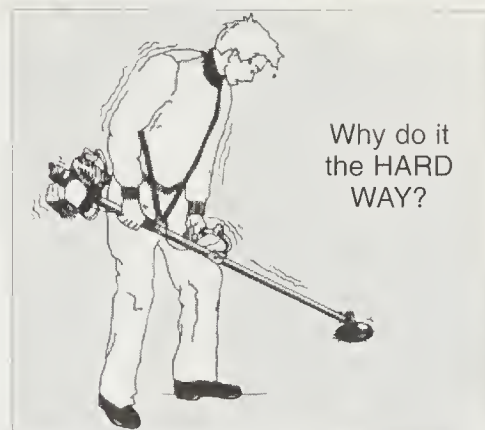
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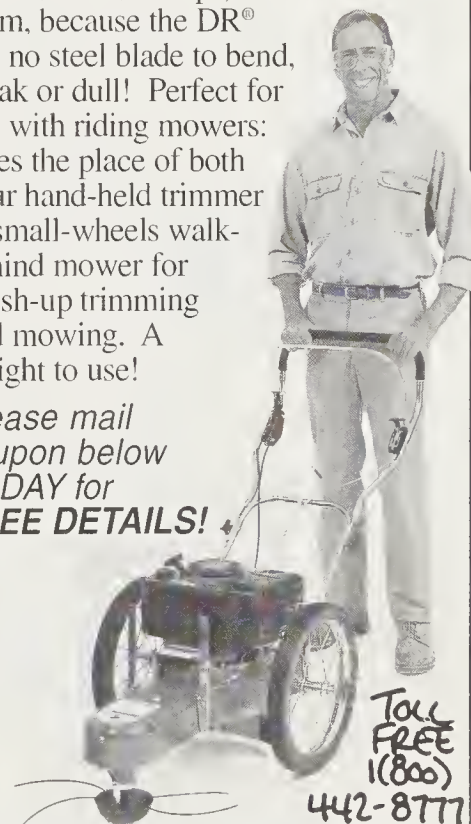
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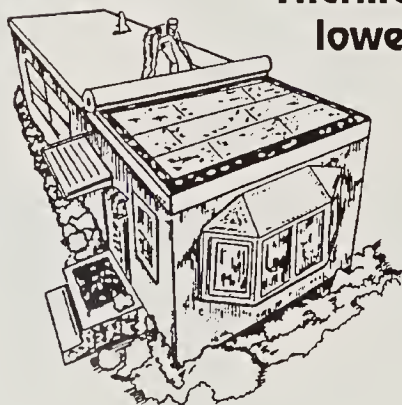
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By Kim Whorton

Guess what's coming for dinner?



Emu



Top: Herb Fisher eyes an ostrich at his Stanly County ranch. **Above:** Debbie Ward and her daughter show the size of emu eggs. A grown emu is seen at right with Debbie's mother-in-law, Evelyn, at their backyard emu ranch in Bayboro, Pamlico County.



A few years ago, the most likely place to find an emu in North Carolina would have been in the Sunday crossword puzzle as a three-letter word for "flightless bird."

Today, you can see a real live emu, along with its cousin the ostrich, at backyard farms in North Carolina.

It's not that these birds are such fabulous pets—although they can be gentle and friendly—it's their marketability. There is a growing demand for their meat, leather and oil.

Emus and ostriches are members of the animal superorder known as ratite, referring to their flat breastbone.

The two birds also share other similarities: the texture and taste of their red meat, the durability and thickness of their hides, and the market for their feathers, eggs and toenails.

The most obvious difference between the ostrich and the emu is size. The ostrich is the largest bird in the world. An average adult male ostrich stands eight feet tall and weighs about 325 pounds. Ostriches live 70 to 80 years and can breed for 40 years.

Emus are smaller than ostriches. They grow to six feet tall and weigh around 120 pounds. Emus live about 40 years and can breed for maybe 25. Emus also produce a deep-penetrating oil lacking in ostriches. The U.S. Department of Agriculture has approved the oil for use in cosmetics. The non-toxic, anti-bacterial, anti-microbial and anti-inflammatory emu oil is heralded as a salve to relieve aches and pains, and to treat burns and poison ivy. The Donna Karan Beauty Company has already marketed Cashmere Body Lotion and Velvet Body Cream, both of which contain kalaya (an aboriginal term for emu oil) as a featured ingredient.

Ratite ranches took hold in Texas and Oklahoma in the mid-1980s, and since then the number of ranches across the country has multiplied. Some estimates put the number of ostriches in the U.S. at 20,000. But the population of emus and ostriches continues to grow.

There are two main reasons for the surging growth of this new industry: the anticipated demand for the birds in the U.S. and the relative ease of breaking into



Ostrich

the industry. Very little land is required; emu operations average less than 15 acres. In addition, emus and ostriches can adapt to hot and cold climates. Both types of birds thrive on a simple, inexpensive diet of food pellets, and they efficiently convert feed to weight gain. Industry proponents add that because ratites require less land, reproduce faster and have a longer life span, they can be more profitable than cattle.

But how do you raise a flock of the largest birds in the world?

Caring for ostriches is less arduous than you might think, according to Carolyn Fisher of Fisher Ranch in Stanfield. (The ostrich ranch is served by Union Electric Membership Corporation.) She and her husband, Herb, studied the industry for a year before they moved to North Carolina in 1986 to give it a try. Nearing retirement age, the Fishers were looking for an alternative means to make a living. A nurse by profession, Carolyn enjoys her new career. "I just love to sit and watch the birds," she said. "There's just something calming about it. And hatching the eggs is the most fun." After selling about half their flock last year, Carolyn and Herb still have about 50 ostriches.

The birds generally are sold in breeding pairs. Four years ago a mating pair of emus sold for \$20,000. Today, a pair of emus who have yet to prove themselves as breeders sells for \$500 to \$700. Proven pairs who have already reproduced sell for about \$3,000. Usually, an emu is nearly 2 years old before it begins to breed.

Debbie Ward and her husband, Steve, are partners in an emu ranch in Pamlico County with Steve's parents, Howard and Evelyn Ward. The elder Wards look at the endeavor as a lucrative retirement project, while the younger Wards see it as an opportunity to raise their three children in an environment that is less hectic and more family-centered than the one they left in their native Ohio. The 4 Ward E Emu Ranch is home to eight emus who live in clean, cozy backyard pens. The Ward home is located on a main road in the heart of the small town of Bayboro, but the pens behind it are barely noticeable.

"The birds are no nuisance," Evelyn Ward said. "There are no awful smells or sounds associated with these birds. They

do make a drumming sound once they mature, but even that is kind of soothing."

Market trends

Herb Fisher of Fisher Ranch in Stanly County served as the first president of the North Carolina Ostrich Breeders Association (NCOBA) when it was formed in 1992, and he still serves on the board of directors.

"There were six ostrich ranches when we formed the association. Now we have 300 members," Herb said.

For the past three years, the NCOBA has sponsored a two-day trade show in Raleigh where vendors from across the country show wares such as incubators, fences and feed. The show, panel discussions and classes each year attracted several hundred people.

The Fishers believe the industry is on the brink of change, poised to evolve from a breeders market to a consumption market, maybe as early as this summer. Already the number of slaughterhouses in the U.S. is growing, and three operate in North Carolina.

Where's the meat?

But why would anyone choose an ostrich or an emu steak over the classic beef steak? Because of the healthy



Slices of ostrich filets look good and taste good.

qualities of the meat, industry proponents boast. If Americans want high nutrition and low fat, but aren't willing to sacrifice good-tasting meat, emu and ostrich may be just what they're looking for.

Emu and ostrich meat is a 97 percent fat-free red meat, similar to beef in both taste and appearance. It is higher in protein, vitamin C and iron than beef, and lower in cholesterol than chicken. Ostrich meat also has fewer calories, carbohydrates and less fat and cholesterol than turkey or chicken.

Today, restaurants such as The Townhouse in Charlotte and The Paisley Pineapple in Greensboro are serving ostrich dishes to receptive customers. Unique Meats in Mooresville sells USDA-approved ostrich meat to restaurants, grocery stores and families in North Carolina. But not every grocery store meat department has begun stocking emu and ostrich meat.

Room for more

Todd and Alana Respass of Pantego, a young family with two small children, were looking for a way to start a business in rural eastern North Carolina where they were raised. Although Todd had experience in hog farming, he didn't have enough capital to get into that business. After a year of research, he and his wife decided to try raising emus.

"When we started with the birds, nobody in the area even knew what an emu was," Todd said. "We had to learn to mix feed for the birds, because no one nearby sold it."

Ostrich and emu ranchers enjoy helping one another. They see an opening in the market for anyone who is seriously interested, and they are willing to help.

"I can't tell you how many eggs I've hatched over the phone," Carolyn Fisher said laughing.

In fact, Todd and Alana Respass in Beaufort County sold emus to the Wards in Pamlico County and still serve as an encyclopedia of information for the Wards.

"The best thing about this business," Debbie Ward said, "is that everybody wants to see every one else succeed."

For more information

The American Emu Association comprises 30 state associations, including a North Carolina chapter, and claims 5,000 members. There are also two national cooperatives and a host of industry-related enterprises. The AEA was formed in 1992 and is headquartered at P.O. Box 8174, Dallas, TX 75205. Phone: (214) 559-2321.

Jerry Walton is president of the N.C. Emu Association. Phone: (919) 527-664

The North Carolina Ostrich Breeders Association publishes bi-monthly "The NCOBA News." Phone: (919) 783-4121

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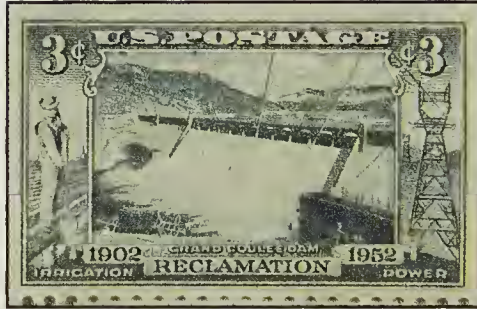
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From amps to stamps

U.S. Stamps



The first U.S. stamp with an electric power subject was issued in 1929 to commemorate "electric light's golden jubilee," the 50th anniversary of Edison's first incandescent electric bulb.



This 1935 issue marked the first time a power project was displayed on a U.S. stamp. It celebrates the completion of Boulder Dam, a public power facility renamed Hoover Dam in 1947.



Inventor Thomas Alva Edison, who was taught at home by his mother and became one of the greatest engineering geniuses of his era, is shown on a 1947 stamp marking the centennial of his birth.



A 1956 U.S. stamp marked the 250th anniversary of Ben Franklin's birth by spotlighting his pioneering role in the harnessing of electricity.



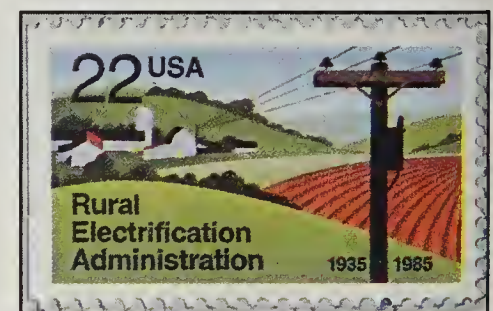
Sen. George W. Norris, father of the Tennessee Valley Authority and sponsor of rural electrification, was honored by a U.S. stamp in 1961. The TVA's Norris Dam is in the background.



Norris Dam became the first U.S. power project shown on more than one stamp when it was released to mark the 50th anniversary of the TVA in 1983.



One block of four U.S. stamps in 1983 honored Charles Steinmetz of the General Electric Company; Nikola Tesla, who pioneered alternating current; Edwin Armstrong, inventor of the superheterodyne circuit used in radios and TVs; and Philo T. Farnsworth, whose work led to modern television.

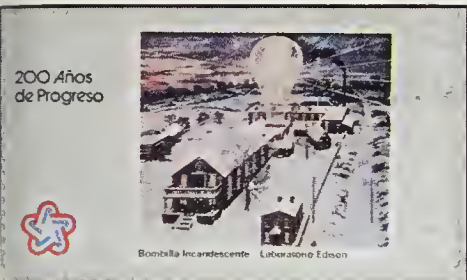


The postal service printed 160 million stamps in 1985 to commemorate 50 years of The Rural Electrification Administration's (REA) work in helping cooperatives bring electricity to the rural U.S.

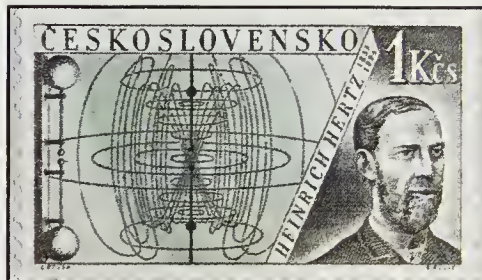
Electrical energy has contributed to the progress of nations throughout the world. From time to time, a nation's postal service recognizes the role of electricity

by issuing commemorative postage stamps. Here is a sampling of 19 such stamps among more than 50 that Raymond Schuessler showed recently to Carolina Country.

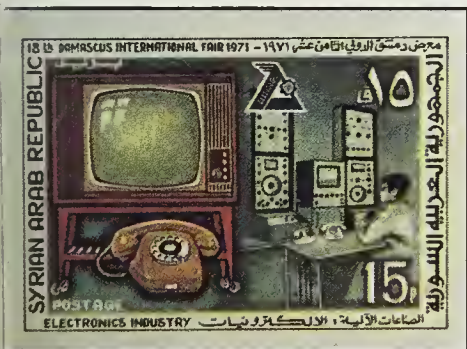
Foreign Stamps



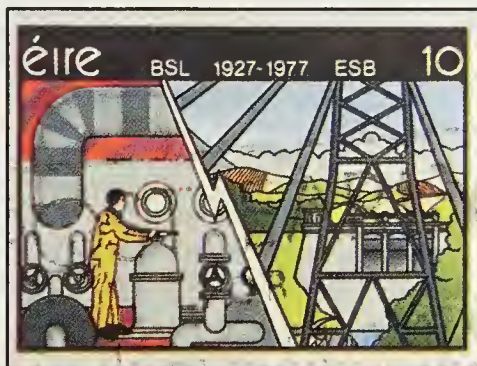
Several countries have issued stamps celebrating Edison's work, including Nicaragua's illustration of his laboratory.



Among the physicists who contributed knowledge and their names to electricity were Germany's Heinrich Hertz, pictured in a Czech stamp.



ria praised the television, telephone and computer on one of its stamps, shown here. So did Romania, Albania and East Germany.



Ireland, among other countries, emphasized the nuts and bolts of electricity, such as this generating and transmission sequence.

Interested in collecting stamps?

To start a stamp collection, study a stamp catalog (try Scott's) in your local library. You can select stamps by their catalog call numbers and order them from a stamp shop or mail-order house. The weekly stamp newspaper, Linn's, is available at stamp shops and can keep collectors informed about new stamp issues. Linn's also runs ads from dealers who specialize in older, foreign stamps. Also, you can subscribe to a new-issue service and receive all new stamps as they are released.

—Raymond Schuessler



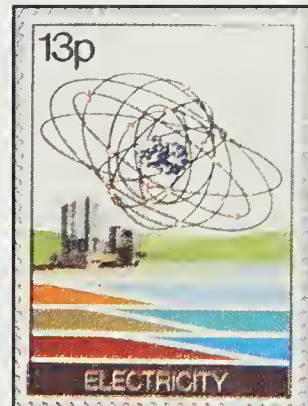
Israel used a stamp to build support in 1981 for its energy conservation program.



A Chinese stamp pictured a woman at work on a power line.



West Germany noted three-phase transmission in 1966, marking the 75th anniversary of its development.



Nations often have expressed appreciation of their progress by issuing a stamp featuring an electric generating station. Here, England posted a stamp to honor atomic electric energy.

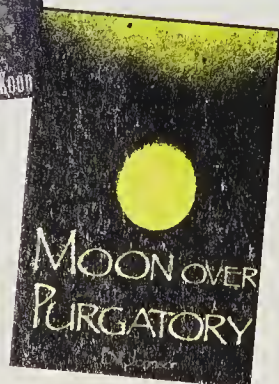
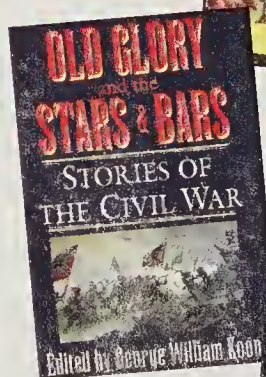
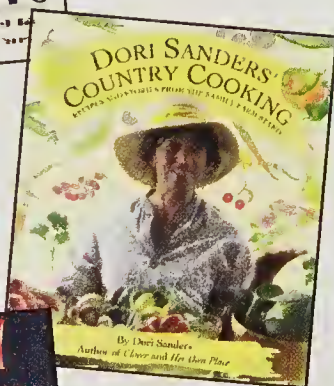
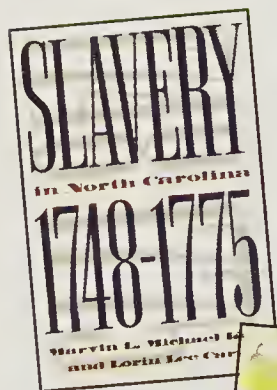
Raymond Schuessler, a philatelist, lives in Lake Helen, Fla. He once played minor league baseball, including with Mooresville in the North Carolina State League.

Books

by Peggy Howe



Newly published.



Slavery in North Carolina 1748-1775

Marvin L. Michael Kay and Lorin Lee Cary, 402 pages

Marvin L. Michael Kay and Lorin Lee Cary focus on North Carolina, largely ignored by scholars favoring slave systems in the Chesapeake and South Carolina. Called a "classic study of the early black experience in the Americas," the book demonstrates that during this time slaves retained significant elements of their African heritage. The authors examine slave languages, marriages, families and religion.

Kay and Cary are professors emeriti of history at the University of Toledo.

The book costs \$45 (hardcover) at bookstores or from the University of North Carolina Press, P.O. Box 2288, Chapel Hill, NC 27515-2288. (800) 848-6224.

Dori Sanders' Country Cooking

Dori Sanders, 224 pages

Dori Sanders' "Recipes From the Family Farm Stand" offers a story with every recipe and helps the reader remember forgotten smells and tastes of old-fashioned cooking and rural Southern life. Part autobiography and part cookbook, Sanders' book tells of her growing up on a peach farm, one of the oldest African-American owned farms in South Carolina. Interspersed with family memories, 100 unique recipes offer such fare as sweet potato pound cake with peach glaze, watermelon and cantaloupe with brandy, peanut soup, and okra parmigiana. Sketches enliven the pages.

Prize-winning author Sanders grew up near York, S.C., where she still lives and writes. She is author of two novels, but reserves her time during the peach growing season for work on the family farm and at Sanders' Peach Shed.

Available for \$18.95 (hardcover) at bookstores or from Algonquin Books of Chapel Hill, P.O. Box 2225, Chapel Hill, NC. 27515-2225. (919) 967-0108.

Old Glory and the Stars and Bars

George William Koon, 234 pages

Koon presents an unparalleled breadth of American writers — Yank and Reb, men and women, black and white, early and recent, tragic and hilarious— in this anthology of Civil War stories. Sixteen writers, ranging from Jack London and Mark Twain to North Carolinians Fred Chappell, Robert Morgan and O. Henry, tell tragic and amusing vignettes of the war. The stories cover the battlefield and home front as well as a bit of aftermath.

Available for \$34.95 (hardcover) and \$14.95 (softcover) at bookstores or from the University of South Carolina Press, 937 Assembly Street, Columbia, SC 29208. (803) 777-5243.

Moon Over Purgatory

Bill Johnson, 239 pages

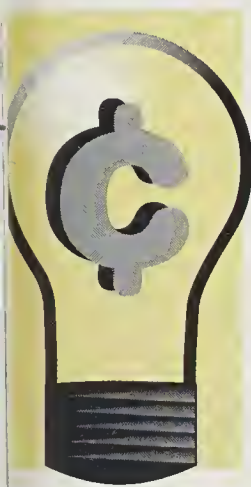
In a new novel, a combination of Quaker beliefs, abducted teenage Confederate recruits and a harrowing escape provide a different perspective on the Civil War. "Moon Over Purgatory," the first novel by award-winning journalist Bill Johnson, is based on little-known word-of-mouth accounts. A trio of underage Quaker boys try to escape the clutches of a ruthless recruiter who has vowed to hang them as deserters. Their adventure in hiding out on Purgatory Mountain, and narrow escapes provide new color to local Civil War anecdotes. Eventually, the boys must come to grips with their Quaker consciences.

Johnson, a Guilford County native, is a prize-winning editor, publisher and author.

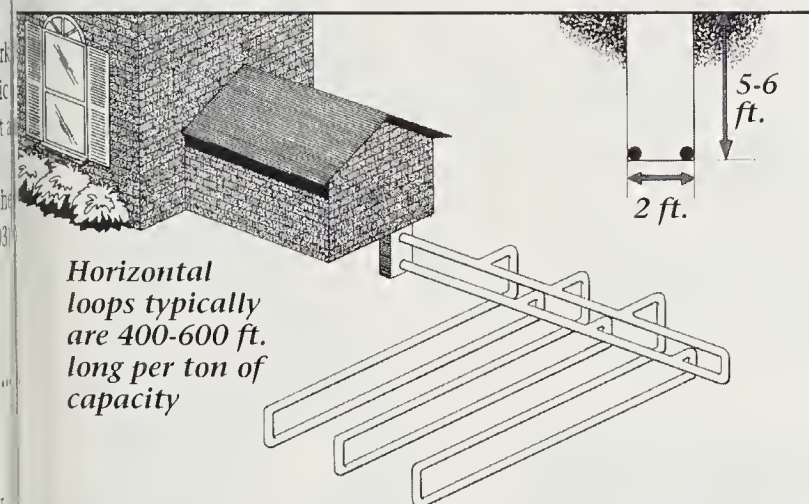
Available for \$16.95 (hardcover) at bookstores or from Vantage Press, 516 W. 34 St., New York, NY, 10001. (212) 736-1767.

Making Cents of Your Electric Bill

by Arnie Katz



Underground temperature has value.



Horizontal loops typically are 400-600 ft. long per ton of capacity

Horizontal Closed Loop System

Remember playing with a Slinky as a child? Imagine making a Slinky out of flexible pipe, digging a long trench in your back yard, putting the Slinky into the trench, filling it back up with earth, and running water through the Slinky. Hook the Slinky up to a heat pump and bingo!, you have a ground-source heat pump.

Most ground-source systems use straight pipes rather than "slinkies." Sometimes the pipes go deep into the ground and sometimes they even go into a pond or lake, but the basic idea is the same.

Ground-source heat pumps, also called water-source heat pumps or geothermal heat pumps, have been around for a number of years. The demonstration solar house at N.C. State University, for instance, has

a ground-source heat pump as the back-up heating system and the air conditioning system. That system was installed in 1980, and the last time I checked it was still working fine.

There are currently several dozen certified contractors in

North Carolina. Across the country, there are over 100,000 systems installed and operating in both residential and commercial buildings. In the last year, for instance, ground-source heat pumps have been installed in schools in both Wake County and Lincoln County.

Ground-source heat pumps work the same way as air-source heat pumps (the kind we're all used to), but instead of transferring heat from the air outside to the air inside in winter, they transfer heat from the ground to the air inside the house. Since the ground is a lot warmer than the outside air during the winter, a lot more heat can be captured with less energy, making the system more efficient.

In North Carolina, once you get a few feet underground, the temperature rarely drops below 50 degrees F, so a ground-source heat pump can always find heat. Since a heat pump "moves" heat from one place to another, rather than manufacturing it, as a toaster or a furnace does, it's very efficient as long as there is heat for it to move.

Similarly, it takes less energy to "pump" heat into the cool ground in the summer than it does to pump it into the hot air. A ground-source heat pump is often 150 percent to 200 percent more efficient than an air-source system. Over the long run, savings can be substantial.

The U.S. Dept. of Energy, for instance, estimates that ground-source heat pumps save anywhere from \$300 to \$1,000 per year on typical res-

idential energy bills. The higher first cost—which runs from \$2,000 to \$4,000—is paid back in energy savings in three to eight years.

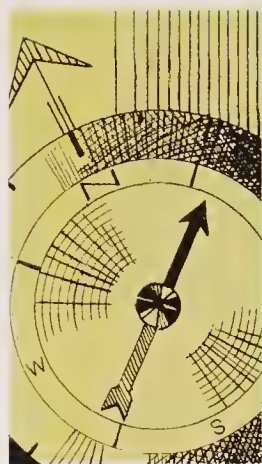
Other things people like about them are that they are quiet (no outdoor unit) and they tend to last longer than conventional equipment, since nothing is exposed directly to the weather. They also can provide most of your hot water at lower costs than other methods (except solar). Since they use less energy than other systems, they also cause less pollution.

In some states, such as Florida, ground-source heat pumps have become more common. Here in North Carolina, their use is still relatively rare, but is definitely on the increase. In the next year, for instance, there are at least half a dozen training workshops scheduled around the state to train contractors to properly size, design and install ground-source heat pump systems. As with many technologies just getting into the marketplace, the skill and knowledge of the installer is crucial to getting a good job.

For a list of North Carolina contractors certified to design and install ground-source heat pumps, and a schedule of upcoming training workshops, send \$2 and a business-size SASE to Ground-Source Contractor List, AEC, P.O. Box 12699, RTP, NC 27709.

Arnie Katz is a building science specialist with Alternative Energy Corporation (AEC). AEC is an independent nonprofit organization established in 1980 by the North Carolina Utilities Commission.

Here, There and Everywhere



March 9-April 6.

Easter Arts and Crafts Show

March 9-10, Shelby

At the Cleveland County Fair Grounds. (704) 487-0651.

Civil War Era Railroads

March 15, Wilmington

Historian Alan Trelease recognizes Wilmington's role in railroad history. At the Cape Fear Museum. (910) 341-4350.

"Purebred Panthers"

March 16-17, Charlotte

All-breed championship show licensed by Cat Fanciers Association. The only Friskies lead show in N.C. with Friskies show team. Also, writer Lilian Jackson Braun. \$5 at Charlotte Convention Center. (910) 282-3089.

Spring Fever Craft Show

March 16-17, Sanford

Over 75 exhibitors featuring handmade crafts, food and door prizes at the Dennis A. Wicker Civic Center. \$1. Half the proceeds benefit Hospice of Lee County. (919) 776-9580.

Quilt Show

March 22-24, Charlotte

At St. Ann's Catholic Church, 3635 Park Rd. Friday and Saturday, 10-6; Sunday, 10-4. Sponsored by the Charlotte Quilter's Guild.

Antique Wireless Radio

March 22-23, Charlotte

Two-day flea market, old equipment contest, auctions and programs by experts in radio collecting. Sponsored by the The Carolinas Chapter. Call Ron Lawrence, (704) 289-1166.

Handel's Messiah

April 6, Pantego

The Terra Ceia Community choir performs the Easter section of Handel's "Messiah" at 8 p.m. at the Terra Ceia Christian Reformed Church. (919) 943-2957.

Ongoing

Italian Masters

Through March 31, Chapel Hill

55 Renaissance and Baroque Italian drawing from the Katalan Collection. At the Ackland Art Museum, UNC-Chapel Hill. (919) 966-5736.

Solomon Bear

Through May 12, Wilmington

Exhibition on Solomon Bear, owner of the S. Bear winery in Wilmington. Pictures of Bear, his downtown winery and other items of interest. At the Cape Fear Museum. (910) 341-4350.

Adventures in England

Departing May 21

Take a trip to England to celebrate the International Festival of the Sea. Spend four days in the historic port city of Bristol. Itinerary also includes tours of London, and an excursion to Greenwich to the National Maritime Museum and the Royal Naval College. Space limited. Sponsored by the N.C. Maritime Museum. For registration information call JoAnn Powell, (919) 728-7317.

Dutch Paintings

Through June, Raleigh

"Face to Face With the Dutch Golden Age," collection of 12 17th-century Dutch paintings. At the N.C. Museum of Art. (919) 833-1935.

Contemporary Sculpture

Through June 9, Charlotte

Exhibition of 47 clay sculptures by Michael Lucero begins a five-city tour on March 6 at the Mint Museum of Art. Accompanying educational programs planned throughout the spring. (704) 337-2000.

Deadlines for submitting notices

May issue March 25
June issue April 25
July issue May 25

We welcome photos and illustrations of coming events. Send notices to Colendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.



17th century Dutch art, in Raleigh.

Sculpture by
Michael
Lucero.



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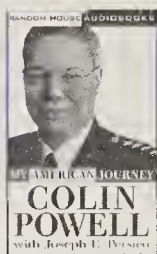
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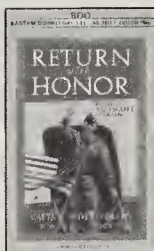


My American Journey
496000 \$23.50 A

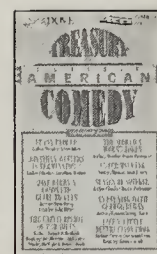


How To Argue And Win
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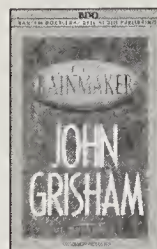
"Look at all the great books I read this week!" heard



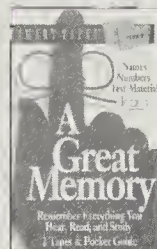
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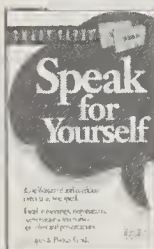
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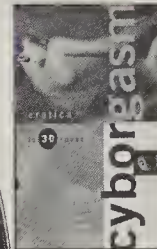
A Great Memory
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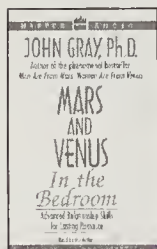
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494237 \$11.00 A



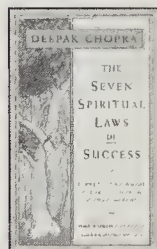
Speak For Yourself
495077 \$19.95 U



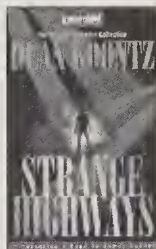
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495440 \$9.99 U



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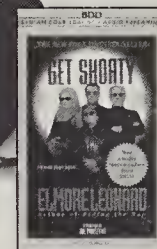
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495127 \$24.00 U



A Call to Character
497032 \$18.00 A



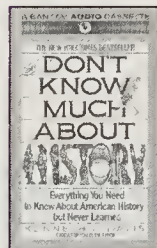
La Cantessa
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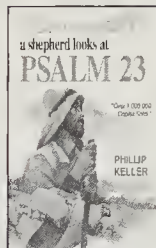
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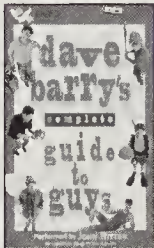
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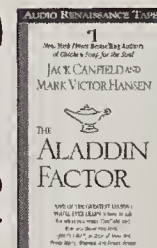
Shepherd Looks At Psalm 23
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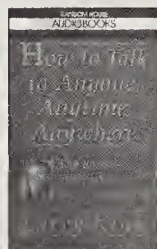
Dave Barry's Guide to Guys
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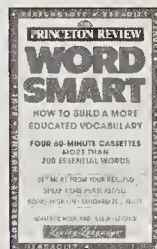
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XTW

News of the Cooperatives



Signs of progress.

Warren County substation honors G.W. King

A new electrical power substation south of Wise in Warren County bears the name of G.W. "Gid" King, who served 38 years on the board of directors of Halifax Electric Membership Corporation. King retired from the board in 1990 and is a director emeritus.

Gid King blazed the trail of electricity in rural Warren County in the early 1940s. A farmer in the Oakville area, he traveled from house to house explaining the benefits of

electrical power and the economic sense of organizing a consumer-owned cooperative to provide it. He gained easements for the young cooperative to erect poles and lines throughout northern Warren County. He remembers a Sunday in April 1942 when Oakville citizens were "anxious to get out of church and to get back home and see what the electricity had done."

He also remembers that his wife, Mamie, continued to use wood for her kitchen



G.W. King and his wife, Mamie.

cookstove for years afterward until he surprised her with an all-electric range. Even then, he says, she refused to cook on it at first, though she soon softened after he brought home canned corned beef and beans, ate them cold and said he was satisfied.

Halifax EMC serves more than 10,000 homes and businesses in Warren, Halifax, Martin and Nash counties.

Buddy Creed is general manager at South River EMC



Buddy Creed has been named general manager of South River Electric Membership Corporation, succeeding Marvin O. Marshall who retired in January.

A 26-year

employee of South River EMC, Creed began in engineering and has served as manager of operations and engineering as well as assistant manager. He and his wife, Lynda, are natives of Surry County, and they have two grown children. He is a graduate of Gaston Technical Institute. Creed has been president of the Dunn Schools, president of the Mary Stewart and Harnett Middle School PTAs, active in the city recreation department and a member of the Dunn City Council. South River EMC serves more than 3,000 homes and businesses in Harnett, Cumberland, Sampson, Bladen and Johnston counties.

Eastern N.C. cooperatives consider merger

Tideland Electric Membership Corporation and Cape Hatteras Electric Cooperative have jointly commissioned McGladrey and Pullen, Certified Public Accountants

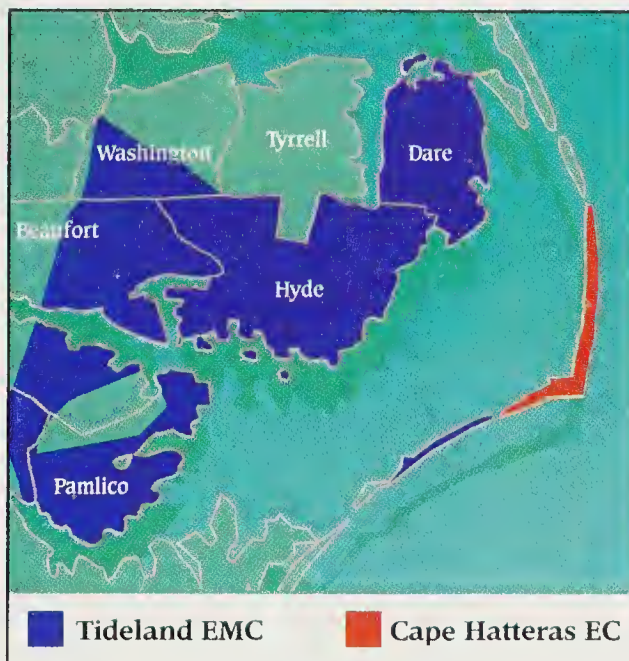
and Consultants, to analyze the feasibility of a merger between the two electric cooperatives.

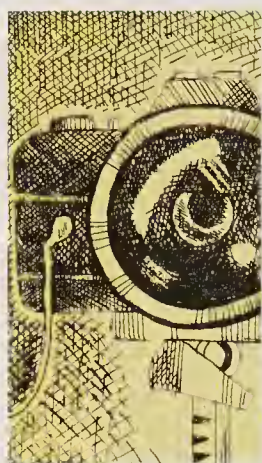
A joint steering committee, consisting of representatives from both utilities, directed the firm to provide data on how a merger would affect the finances of each co-op, and how those changes would affect customer rates and service. The cost of the study, not to exceed \$25,000, will be shared by the cooperatives. The steering committee anticipated a final report from McGladrey and Pullen by March 1.

Once complete, the information and conclusions from the study will be presented to the

members of each cooperative. Any merger would be subject to approval by the member-owners of each system.

The two cooperatives already share some services. Tideland EMC serves 19,400 accounts in Beaufort, Pamlico, Hyde, Dare, Washington and Craven counties. Cape Hatteras Electric serves more than 5,000 accounts on Hatteras Island.





North Carolina news.



N.C. turkey cooking contest opens

The North Carolina Turkey Cooking Contest will accept entries submitted before June 1. A total of \$1,900 in prizes will be given to five finalists, who will be invited to the annual cook-off Sept. 19 in Raeford.

Recipes should use at least one pound of fresh or cooked turkey meat. Entry forms are available but not required. Send your name, address and telephone number on each recipe to N.C. Turkey Cooking Contest, 4020 Barrett Dr., Suite 102, Raleigh, NC 27608.

Former educator publishes Hyde County history

Morgan H. Harris has published "Hyde Yesterdays: A History of Hyde County," an illustrated history of the county from prehistoric times to the present.

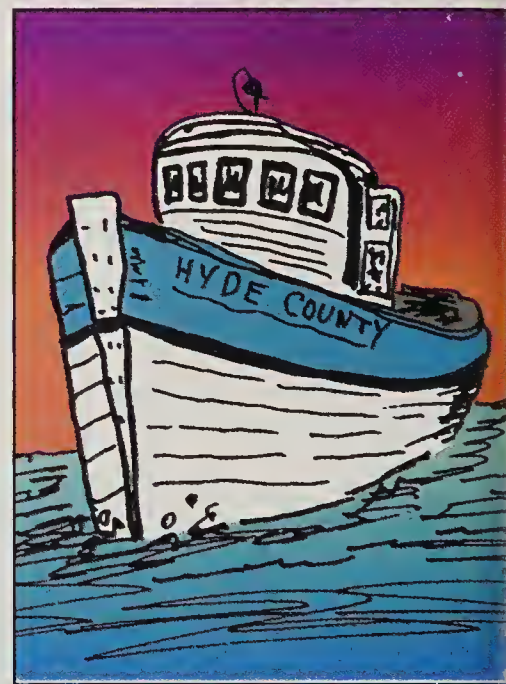
"The material for this book was gathered over a period of more than 20 years," Harris says in the preface, "from every conceivable source available in Hyde County." He also acknowledges the help of students enrolled in Hyde County history courses and the work of the Hyde County Historical and Genealogical Society.

The 365-page hardcover book contains an index and more than 80 maps and illustrations by the author. The text covers early exploration and settlement, Indians, piracy, the Mattamuskeet reservation, the Civil War, Ocracoke Island, the timber boom, the townships, New Holland, schools, lore and sketches of "people who made an economic difference," among other subjects.

Morgan H. Harris is a native of Beaufort County who from 1964 until his retirement in 1994 served as a coach, teacher and eventually superintendent in the Hyde County school system. He taught Hyde County history at Mattamuskeet School. He and his wife live in Wilmington.

A portion of the proceeds from the sale of the book will benefit the Friends of Mattamuskeet, assisting in the restoration of Mattamuskeet Lodge.

Books are available for \$33 postpaid from HCH&GS (Hyde County Historical and Genealogical Society), c/o Betty Mann, Rt. 1, Box 74, Fairfield, NC 27826. (919) 926-2506



Goldsboro medical center seeks cancer prevention trial volunteers

The Southeastern Medical Oncology Center in Goldsboro is participating in two national cancer prevention trials and invites women and men to join them.

The Breast Cancer Prevention Trial will investigate whether the medication tamoxifen can prevent breast cancer from developing in women at increased risk for the disease. Participants will take either 20 milligrams of tamoxifen or a placebo (a pill without medication) daily for five years and receive follow-up examinations to assess and monitor their health. The care will be coordinated by the Goldsboro medical center, but the exams and testing may be conducted by participants' personal physicians. Women between ages 35 and 59 with a breast cancer risk may be eligible, as well as women age 60 or older who have not had the disease. Funding is available for women 55 and older for parts of the trial. Women interested may contact Maureen Loomer at (800) 849-0203.

The Prostate Cancer Prevention Trial will test whether the drug finasteride can prevent prostate cancer. Men will take the medication or an inactive placebo for seven years. Men older than 55 who do not have prostate cancer are eligible to participate. Those chosen will receive regular prostate cancer exams. For more information, contact the medical center at (800) 849-0203.

Both trials are sponsored by the National Cancer Institute. Information is also available from the Cancer Information Service at (800) 422-6237.

N.C. State hosts forum on information technology

The 11th annual Emerging Issues Forum at North Carolina State University April 15-16 will center on "The Knowledge Explosion: What's the Payoff for Americans?"

The discussions will focus on the effects of new information technology on schools, jobs and opportunities. For registration information, contact Emerging Issues Forum, Box 7401, N.C. State University, Raleigh, NC 27695-7401.

1996 Historic Sites calendar

A free calendar of events scheduled at the 22 North Carolina Historic Sites this year is available. More than 60 programs are listed. Ask for the calendar from the Historic Sites Section, Division of Archives and History, 109 E. Jones St., Raleigh, NC 27601.



Brevard Music Center season is finale for longtime director

Tickets are available for the 60th Anniversary summer season of the Brevard Music Center. The season marks the finale of music director Henry Janiec, who will retire after 32 years with Brevard.

The special Diamond Anniversary line-up includes Janiec's favorite musicians performing opera, symphonies and chamber music. They include mezzo soprano Frederica von Stade, Met bari- tene Mark Oswald, heldentenor Gary Lakes, pianists Vladimir Feltsman and Lee Grisham, trumpet virtuoso Vincent Martino and New York Philharmonic concertmaster Glenn Dicterow. Also, Boston Pops conductor Keith Lockhart will lead a benefit concert.

Season tickets for more than 50 concert events are \$240. Contact Brevard Music Center, P.O. Box 592, Brevard, NC 27812-0592. Or call Pat McGarahan at (704) 884-2011.

Duke University Press publishes "Southern Cultures"

"Southern Cultures" is a quarterly periodical published by Duke University Press that "embraces the many Souths that compose the South, consistently and intelligently probing differences and similarities, stereotypes and one-of-a-kind facts and ideas." Included are articles, essays, reviews of books, museum exhibitions, films and sound recordings. Co-editors are John Shelton Reed and Henry L. Watson.

Subscriptions are \$24 for four issues plus a bonus copy of the southern humor issue. For more information, contact: Duke University Press, Journals Division, Box 90660, Durham, NC 27708-0660. Or call Andrea at (919) 687-3617.

Mint Museum releases art catalogue on CD

The Mint Museum of Art in Charlotte recently released the first "electronic catalogue" to be published by a Carolinas museum. It is a compact disk (CD ROM) of the objects displayed this winter in the exhibition "Kingdoms of the Sun: Masterworks of Ancient Andean and Spanish Colonial Art."

Michael Whittingham, curator of Non-Western Art at the Mint, said the CD "synthesizes scholarly material for a general audience as a tool for understanding the artwork." He added that the museum plans to document its pre-Columbian collection soon and make it available via its Internet address.

The catalogue shows recent gifts from Dr. and Mrs. Francis Robicsek and Paul Clifford and was funded by the Lila Wallace-Reader's Digest Fund.

Applied CD Technologies of Charlotte produced the catalogue, with sound effects, images enlargement capability, optional narration and original music.

Copies of the CD catalogue, applicable for Windows or Macintosh, are available for \$35. Visit the Mint at 2730 Randolph Road, Charlotte, NC 28207 or call (704) 337-2038.

Basketball camps seek registrants

Two basketball camps are accepting registration applications.

The 18th annual Bryan Adrian Summer Basketball Camp accepts boys and girls, ages 5-18. Jerry Stackhouse, George Lynch, Randolph Childress and several Atlantic Coast Conference players are listed as staff. Locations include Greensboro, Charlotte, Raleigh, Gastonia, Elkin, Hickory, Mount Olive, Banner Elk, Concord, and Virginia Beach. For a free brochure, call (704) 372-3236 in Charlotte.

The second Tar Heel Fantasy Basketball Camp will run May 30 - June 2 at the UNC Chapel Hill campus. It is a weekend of social events, instruction and games for male and female fans of UNC basketball. Mike O'Koren, Bobby Jones and Al Wood are among the coaches. For information, call Tim McGhee in New Jersey at (908) 273-0791.

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Joyner's Corner

by Charles Joyner



You may win \$10 by solving this puzzle

Twelve divided by two is six, as everyone knows. But can you prove it? In this division problem each letter represents a numeral. Repeated letters represent repeated numerals. Can you replace the numerals to make $TWELVE / TWO = SIX$? Joyner's Corner is offering a \$10 prize to some lucky reader who mails us the correct answer, *postmarked before April 15, 1996*.

Correct entries will be numbered as received, and the winning entry picked at random by computer. The winner's name and puzzle answer will be announced in the June issue of Carolina Country.

Mail your answer with your name and address to:

Carolina Country Puzzle
P.O. Box 27306
Raleigh, NC 27611

$$\begin{array}{r}
 \text{S I X} \\
 \text{T W O } \overline{) \text{ T W E L V E}} \\
 \underline{\text{S X L}} \\
 \text{X W V} \\
 \underline{\text{I L I}} \\
 \text{X S E} \\
 \text{X V E} \\
 \underline{\text{I W}}
 \end{array}$$

You may write your answer on one line on a postcard if you wish, like this:

T W E L V E / T W O = S I X
_ _ _ _ _ / _ _ _ _ _

Contest deadline is April 15.

UNSCRAMBLE IT!

After running away with a tractor salesman, she wrote her husband...

U R B C M N S S L S
_ _ _ _ _

A S E E S L
_ _ _ _ _

Use the code key below to fill in the blanks above.

U N S C R A M B L E =
a d e h j l n o r t

Answer on page 38.



An Important Announcement for North Carolina Homeowners With Equity . . .

What would you do with an extra \$300 to \$1000 per month?

How to Get a Fast Mortgage Loan to Pay Off All Your Bills***

(Even if You've Been Turned Down by a Bank or Mortgage Company)

Franklin, North Carolina - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was 5 years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 by 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was a year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time they got behind on everything.

No Easter Dresses

They were so strapped for money in spring, they couldn't even afford new dresses for Emily and Katie for Easter. Sure they finally caught it up when Ray went back to work, but it took them two years and by that time it had hurt their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills were paid.

"I Hit A Brick Wall!"

After they got all caught up they tried again to borrow the money for the addition. First they were turned down by the local bank then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet factory making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself or Becky and the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$8 lower than he had been making. That saved him a whopping \$4296 per year TAX FREE. In the first year, that was enough money to lose in the back porch AND enough left over for new bikes for the kids.

Harvest Can Get Loans From Loan Sources You Don't Even Know Exist!

"When we needed money to consolidate our debts and pay off some old bills, Harvest Mortgage was there when we needed them. We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost \$400 per month. This has reduced our stress which has made our lives much better."

*Billy and Judy S.
Columbus*

Recent Loans Include:

- ✓ A \$78,000 loan to a couple in Sugar Grove, North Carolina that saved them \$800 per month in payments. They will save over \$29,000 in the next 3 years.
- ✓ A \$95,000 loan to a homeowner in Western North Carolina who was on permanent disability.
- ✓ A \$35,000 loan to a homeowner near Asheville to complete construction of his home (The borrower couldn't verify his income with tax returns.)
- ✓ A \$95,000 loan that consolidated the homeowner's mortgage and all the rest of his bills into one monthly payment that saved him over \$8,100 per year and a whopping \$124,000 over the loan period.

Home Equity Is the Key

Harvest officials report that the single most important key to their ability to find a loan is whether or not you have enough equity in the property. "Say you have a home valued at \$80,000 with no more than \$48,000 in total mortgage, including any 1st and 2nd mortgages. Then you are a good candidate for one of the many loan programs we offer," says Senior Loan officer Janet Kivi in an interview last week. "In other words, "says Kivi," if you have a minimum of 20% equity or more there's a good chance we can help you either save a lot of money every month by combining old bills and your old mortgage into one newer and much lower payment. Or we can help you get cash money out of your home or investment property to use to buy a vacation house, start a business, whatever."

No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our offices," says one Harvest executive. He added, "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans right here in town locally."

Fast Approval and Closing

That means we can get your loan closed in a matter of days, and you never have to go out of your living room until you're ready to close."

Loans for Purchase or Refinance

Harvest Mortgage officials report that whether you are buying or refinancing a house, or just looking to consolidate some bills or get cash out of your property, they have credit programs that give you the money you're looking for. Different loan programs include:

- ✓ Loans to Borrowers with good credit with most competitive rates in the country. These are available for purchasing a new home or refinancing.
- ✓ Loans to borrowers with a lot of equity homeowners who have slow credit or have even been bankrupt.
- ✓ Cash out loans for investment property with a lot of equity.
- ✓ Loans for borrowers who want to do additions or remodel their homes.

Check This Out for Free

To see how much money you may be able to get and exactly how much your payments would be, you can check it out by just picking up the phone and calling us. Be sure to ask for Carolyn Reed at **1-800-972-LEND (5363)**. Or for a FREE report on how Harvest Mortgage can work for you, call toll-free **1-800-876-3406** for a 24-hour recorded message. All of this doesn't cost you a dime, so you owe it to yourself to find out for yourself. Don't put this off. Do it now while you're thinking about it! You've got nothing to lose and everything to gain!

Harvest Mortgage Company Inc.
Mortgage Bankers
North Carolina Licensed Lender

**1-800-972-LEND
(5363)**

***Subject to Qualification

Hank's Gardening Guide

by Hank Smith



Gardening gets into full swing.

Bedding plants

When purchasing bedding plants, seek out those grown in individual cell packs. Individual transplants grown in a separate container will suffer less transplanting shock than those growing as a group in a large pot. Finish planting snapdragons, pansies and pinks. They like cool weather and tend to fade out when hot weather arrives. For color in shady areas select caladium, impatiens, begonia and coleus. These will do well in full sun: portulaca, marigold, zinnia, vinca and lantana.



Lily of the Valley

Perennials

Dig-divide-reset any crowded clumps of perennial phlox, daylilies, canna lilies, chrysanthemums and coreopsis just as soon as they show spring growth. They will be healthier and produce more blooms if rejuvenated every other year. Discard any diseased or weak portions. Set divisions at the same depth as those previously growing. Do not divide Lenten roses, lily of the valley, madonna lily or peonies. They prefer to grow undisturbed year after year.

Spring-flowering bulbs

After they have finished flowering, feed bulbs with a little bonemeal or superphosphate to assure a good display next spring. Don't remove foliage until it has died down. The green foliage is providing nutrients for the bulbs underground.

Weed control

If you practice control of weeds by way of chemicals, now's the time to apply a pre-emergence herbicide. This will control such common annual broadleaf weeds as chickweed and purslane, as well as crabgrass and goose grass. Apply only to well-established lawns. Follow instructions on the container.

Fertilize trees and shrubs

As new growth begins, fertilize all established trees and shrubs to get plants off to a good start. Use an 8-8-8 or similar analysis fertilizer. Apply at rate of three pounds per 100 square feet of area beneath the branch spread. Perennials will respond to fertilization with the same fertilizer applied at rate of about one-half cup per square yard of soil area covered. Scatter fertilizer over the area, taking care that none comes in contact with foliage or branches.



Vegetable gardening

This is a good time to sow seeds of cool-weather vegetables such as English peas, beets, spinach, turnips, carrots, kohlrabi and carrots. After danger of frost is over in your area, sow seeds of okra, beans, radishes, turnips, cucumber and squash. Also set out collard and cabbage plants, onion sets and Irish potatoes. If you're running a bit late in starting vegetables, till the garden now, thoroughly mixing the accumulated organic matter piled on it during winter months. Add a liberal amount of fertilizer before turning soil.

Liriope and mondo grass

Although liriope and mondo grass are practically care-free ground cover and edging plants, they do require grooming at this time of year. Set your lawnmower at its highest setting to give the plants a trim, or use a nylon string trimmer. Within a few weeks new growth will appear to give a pleasing appearance as it matures over summer.

Roses

Plant dormant roses before they no longer are dormant. Growth buds are beginning to pop out fast, so get plants in the ground before too much new growth develops. It's time to prune roses, too, before they get too much growth. You'll enjoy more blooms if you train climbing roses to grow horizontally on a fence or trellis.

Camellia care

Gather and destroy all fallen blooms to help prevent camellia petal blight, a disease that causes blossoms to turn brown. Also, rake away old mulch and replace with fresh. Spores of petal blight may lie dormant in mulch and later reinfect plants. Do not compost old flowers and mulch.

Transplants

If you are growing your own transplants from seeds, use a sterile soil mix that holds moisture but is well drained. Prepare soil mix by combining equal parts of pre-moistened sphagnum peat moss with vermiculite or perlite. Pre-moisten sphagnum peat moss, place a small amount in a clean bucket. Add water to cover. Then add more sphagnum peat moss and more water. Stir several times as you repeat the process until you have enough for your seed plantings.



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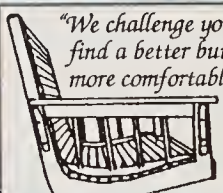
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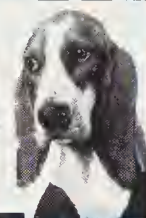
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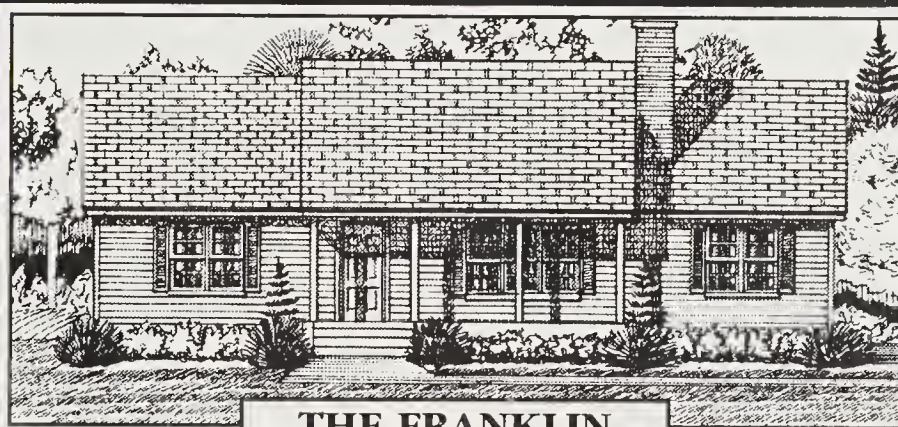
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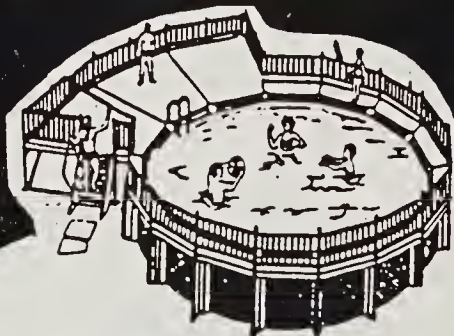
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Contest seeks
the worst
possible opening
sentence for an
imaginary novel."

"Untrammeled Wordplay" could help you claim your 15 minutes of fame

Want to "enjoy the forbidden delights of untrammeled wordplay" by becoming a "literary vigilante prowling the subways of fiction?"

That experience can be yours if you enter the 1996 Bulwer-Lytton Fiction Contest sponsored by San Jose State University, according to contest officials. The competition recognizes dreadful writing, which is available by the pound these days in any major bookstore. However, the contest isn't open to best selling novels. Only original and unpublished gems are eligible. Sponsors expect to receive about 10,000 entries.

So sharpen your pencils or rev up those ballpoints. This might be your best shot at claiming your 15 minutes of fame! Notoriety is clearly the big payoff here; last year's winner received only a cheap word processor.

The contest is looking for "the worst possible opening sentence for an imaginary novel." Below you'll find several examples of entries from previous contests — to give you some idea of just how low the standards are.

The contest is named for Edward George Bulwer-Lytton, a prolific Victorian novelist whose work has been plagiarized repeatedly in the Peanuts cartoon strip. From time to time, Snoopy will be perched atop his doghouse, pounding away at a typewriter. But he can't seem to get his novel under way without using the same opening sentence or variations of it: "It was a dark and stormy night."

Bulwer-Lytton used that sentence to open his novel, "Paul Clifford." Later in the book, he described a man lighting a pipe as "applying the Promethean spark of his tube," and he referred to a bedroom as a "somnambular accommodation."

To enter the contest that justly bears his name, write a sentence of under 50 words on one side of an index card and add your name, address and phone number on the reverse side.

Enter as often as you wish. Mail your entries before April 15 to: Bulwer-Lytton Fiction Contest, Department of English, San Jose State University, San Jose, CA 95192-0090.

John L. Ashman of Houston won the 1995 contest with a "wretched pun," said Scott Rice, the English professor who coordinates the contest. Here it is: "Paul Revere had just discovered that someone in Boston was a spy for the British, and when he saw the young woman believed to be the spy's girlfriend in an Italian restaurant, he said to the waiter, 'Hold the spumoni — I'm going to follow the chick an' catch a Tory.'"

The 68-year-old Ashman submitted 23 entries last year. He had entered at least eight times before, and won in the history category in 1989.

He's "a classic repeat offender," Rice said. "We sort of regard this as his lifetime achievement award."

Last year's "vile pun" award went to Richard W. O'Bryan of Perrysburg, Ohio: "There is a legend among Parisian railroad repairmen that during the 1800s, if a section of track was found to be too unstable for safety, all one had to do was yell, 'Too loose, lay track!' and a small dwarf would show up and paint their picture."

The "adventure" award went to Eric Bam of New York: "Snap! crash! bang! went the mast as it toppled deckward, toward the helpless boatswain, causing his whole life to flash before his eyes, leaving out of course his infancy and those parts where he was asleep or very drunk."

Suzanne Morgan of Rochester, N.Y., won in the "purpose prose" category: "Alexandria's mind hovered between sleepiness and wakefulness until the alarm clock, that harbinger of temporal existence, blared like Gabriel's trumpet in her ears, sounding for all the world like the labor cries of Mother Time giving birth to a new day."

These colorful entries include winners and non-winners from the past:

"Harry kills mice with a hammer as part of his poetry readings, but we're still pals."

"I suggest you stick to painting, Mr. Van Gogh — you sure don't have an ear for music."

"Fall had come to the city; the trees had turned to yellows and the winos had turned to reds."

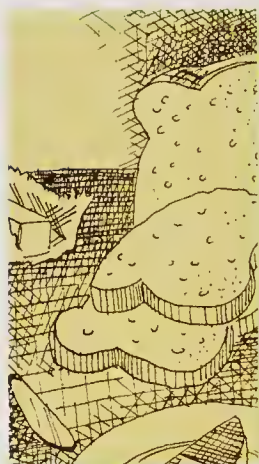
Pamela's heart beat fast and her hands trembled a lot as she listened to the intermittent knocking on the front door of her shanty located near the railroad tracks beside a hobo jungle and she thought, 'That's a bum rap if I ever heard one.'"

"With her strength failing rapidly, the dying Augusta reached for her one night stand; her breast heaving coarsely, cancer having finally overtaken her, for the gilded framed memento of her dwarfish, undersized Norwegian lover-explorer, which slipped from her grasp and fell to the mosaic tile floor, shattering as she wheezed her last regret, 'Alas, Leif was too short.'"

"Yes, Cathy could ingest a full-grown rat when she was in the mood, then wash down the rodent with great quantities of diet cola (when she knew perfectly well one shouldn't mix hairy proteins and artificial sweetener)."

"To be fully appreciated, this novel must be read in the nude — so, please, bare with me."

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Submitted by Edna Rath, Albemarle



1 cup shortening	2 cups sifted flour
$\frac{3}{4}$ cup sugar	2 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup mashed cooked carrots	$\frac{3}{4}$ cup shredded coconut

Combine shortening, sugar, eggs and mashed cooked carrots and mix well. Sift flour, baking powder and salt together and stir into first mixture. Add coconut and stir. Drop by spoonfuls about 2 inches apart on lightly greased baking sheet. Bake in a 400-degree oven for 8 to 10 minutes until almost no imprint remains when touched lightly with your finger.

Icing:

$\frac{1}{4}$ cup soft margarine (melted)	2 tablespoons orange juice
2 cups powdered sugar	grated rind of one orange

Blend together soft margarine and powdered sugar. Add orange juice and grated orange rind and stir until smooth. Frost cooled cookies.

Want to share recipes?

If you would like to share a recipe with Country Kitchen, send it to Recipes, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

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From page 30

Answer to
"Unscramble It"

Deere Letter
A John

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